

Author Profiles

Meet the authors of the course “The Hidden Rules of German Culture” and the creators of the COME Method™.

Katharina Olympia Wittig and Dr. Tanya Keni are independent intercultural trainers who contribute to the Inside Culture Academy (ICA) as co-authors, concept developers, and educational designers.

Together, they developed, wrote, and structured the distance-learning course “*The Hidden Rules of German Culture*”, drawing from their own migration experiences, academic expertise, and practical work in education.

With their jointly developed **COME Method™ (Culture Oriented Migration Empowerment)**, they created a structured learning model that transforms traditional integration concepts into a digital, culturally sensitive format – offering more clarity, self-reflection, and belonging throughout the integration process.

Katharina Olympia Wittig

Intercultural Trainer | University Staff Member | Coach

Katharina Wittig is a certified intercultural trainer, systemic consultant, and coach. Since 2015, she has worked at the International Office of Bremen University of Applied Sciences in the department for "Academic Success and Internationalization."

She supports international exchange students, coordinates global university partnerships, and is responsible for intercultural projects and events. In addition, she works as a trainer at the Center for Intercultural Management & Diversity at Bremen University.

Having experienced migration herself and lived in both Mexico and the UK, she understands the challenges of cultural adjustment firsthand.

She is a co-founder of the Inside Culture Academy (ICA) and serves as co-author of the course “*The Hidden Rules of German Culture*”, where she is responsible for instructional design, content creation, and methodical implementation.

Dr. Tanya Keni

Intercultural Psychologist | Trainer | Lecturer

Dr. Tanya Keni holds a PhD in intercultural psychology and has extensive teaching experience in both India and Germany. She came to the University of Bremen four years ago to complete her dissertation in intercultural psychology.

Her research focuses on cultural adaptation, norm awareness, and psychological integration in the migration context.

She teaches at Constructor University Bremen and brings her academic expertise into the theory and practice of intercultural education.

As a co-founder of the Inside Culture Academy, she is co-author of the course “*The Hidden Rules of German Culture*” and is responsible for its scientific foundation, conceptual quality, and development of reflective exercises.